

PATENT ABSTRACTS OF JAPAN

(11) Publication number: **2003040785 A**

(43) Date of publication of application: **13.02.03**

(51) Int. Cl. **A61K 35/74**
A23L 1/28
A23L 1/30
A61K 31/716
A61K 35/84
A61P 31/00
A61P 31/04
A61P 43/00

(21) Application number: **2002145675**

(22) Date of filing: **21.05.02**

(30) Priority: **21.05.01 JP 2001150643**

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(54) INFECTION SUPPRESSING COMPOSITION AND FOOD AND DRINK CONTAINING THE SAME

(57) Abstract:

PROBLEM TO BE SOLVED: To provide an infection suppressing composition exhibiting excellent infection suppressing effect on pathogens by oral administration and provide a food and drink containing the composition.

SOLUTION: A material containing β -glucan and a heat-treated cell of lactic acid producing bacteria are used as active components of the infection suppressing composition. Preferably, the amount of

the β -glucan-containing material is 0.5-99.5 wt.% and that of the heat-treated cell of the lactic acid producing bacteria is 99.5-0.5 wt.%. The material containing β -glucan is prepared preferably from one or more materials selected e.g. from the fruit body of basidiomycetes such as Agaricus blazei Murill, the mycelium of the basidiomycete, yeast, bacteria, algae and lichen. The lactic acid producing bacteria is preferably lactobacillus or bifidus bacteria. The lactobacillus is preferably lactococci, especially Enterococcus faecalis.

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